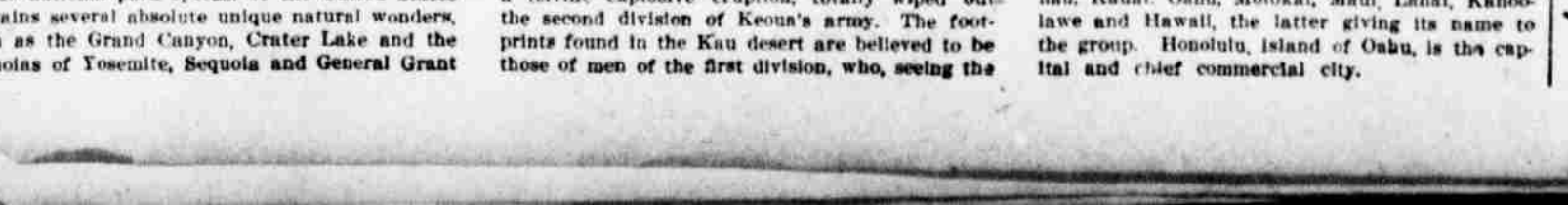
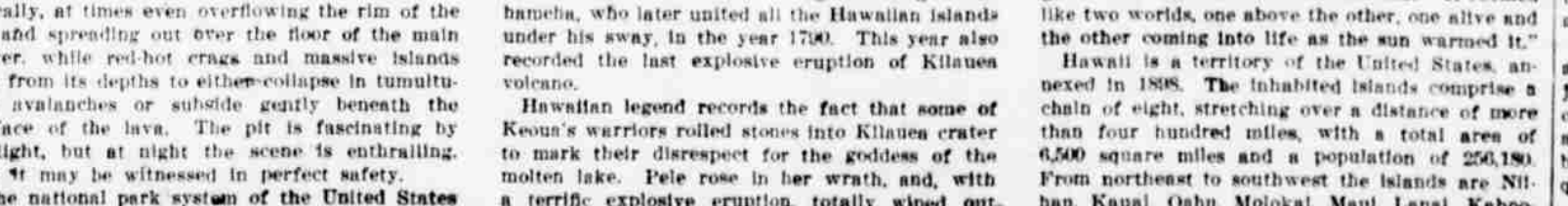
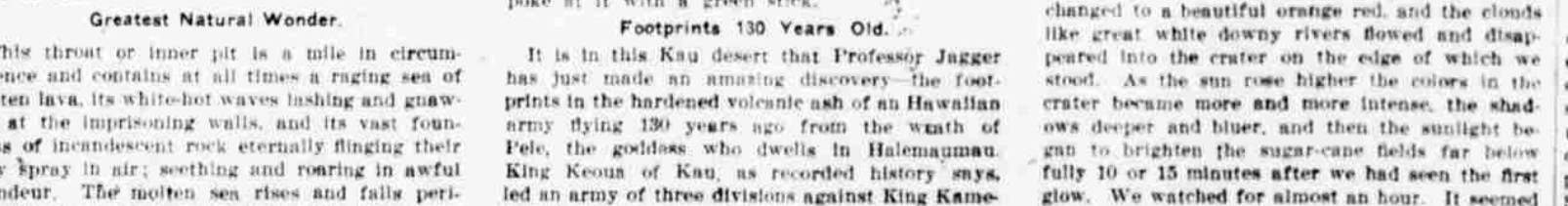
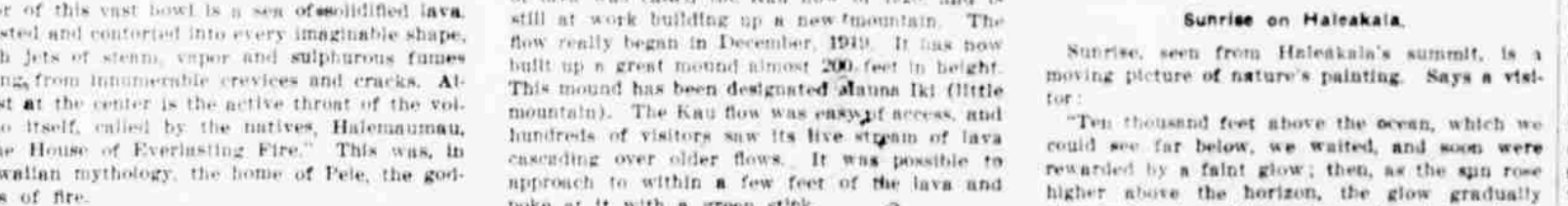
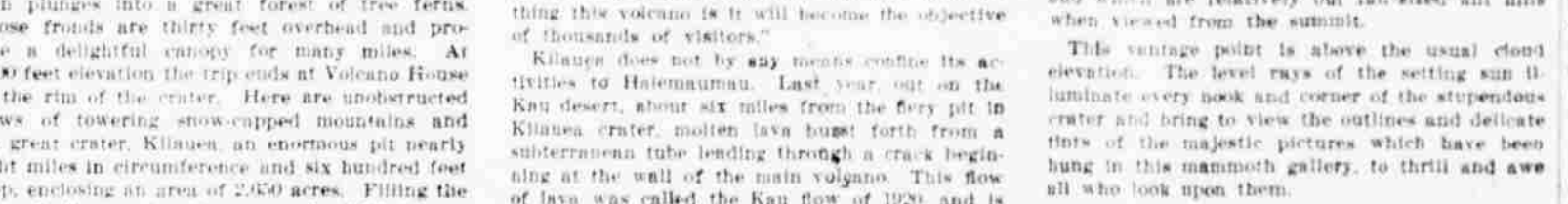
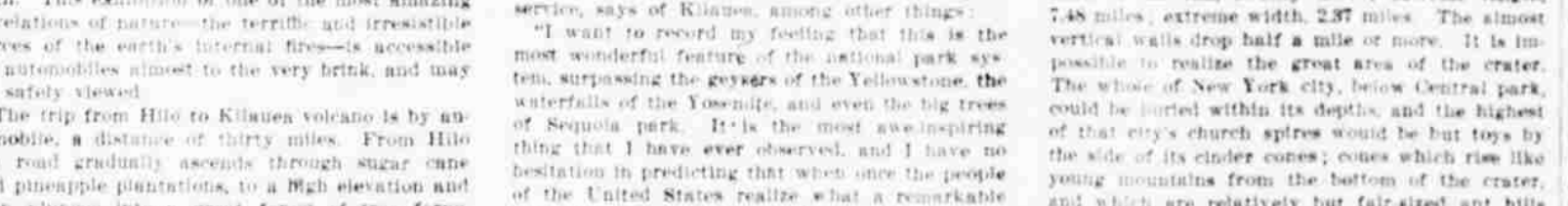
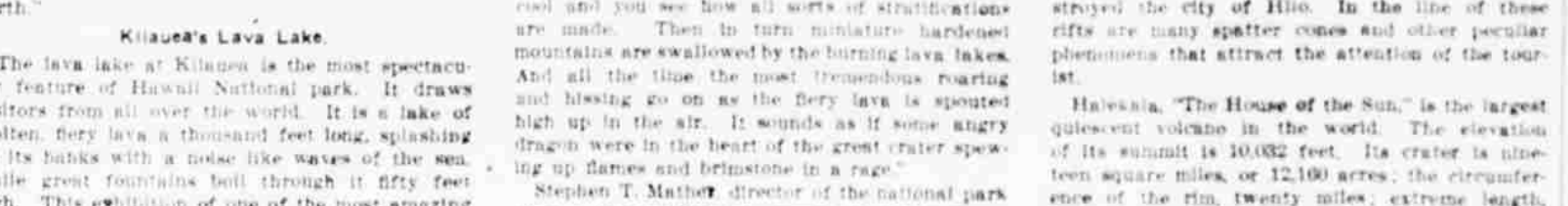
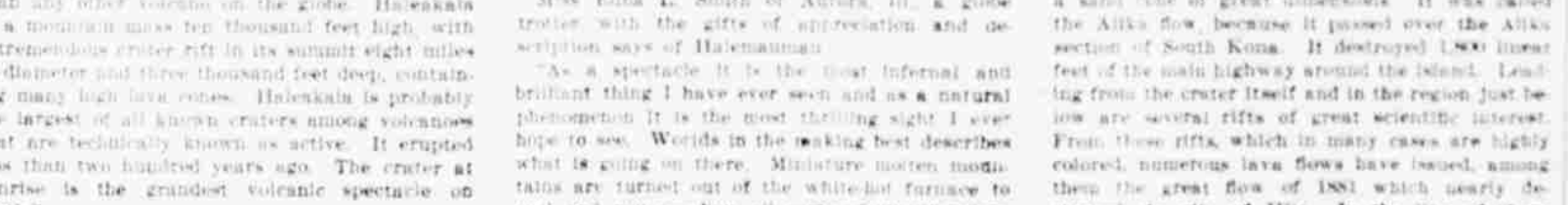
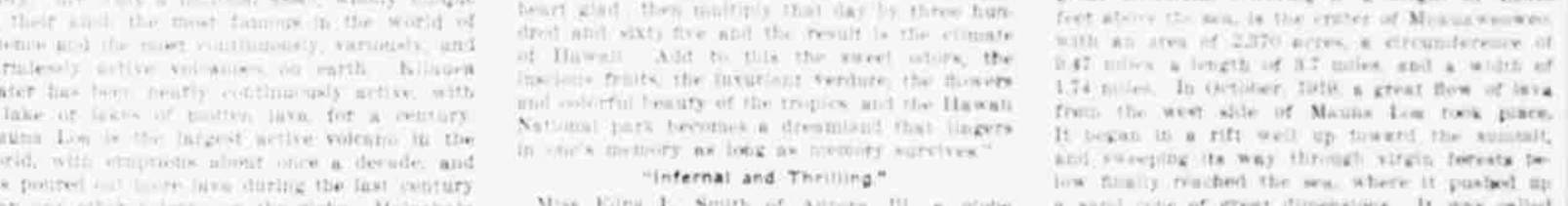
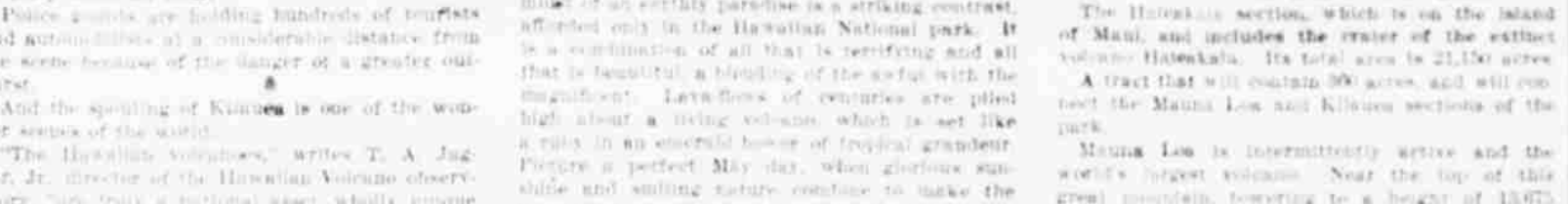
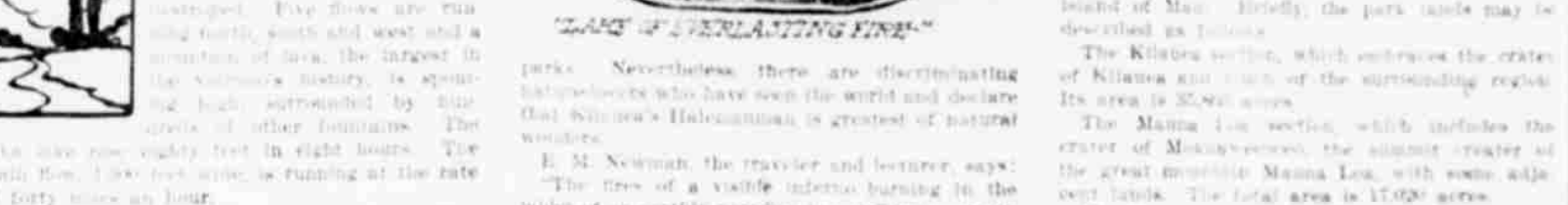
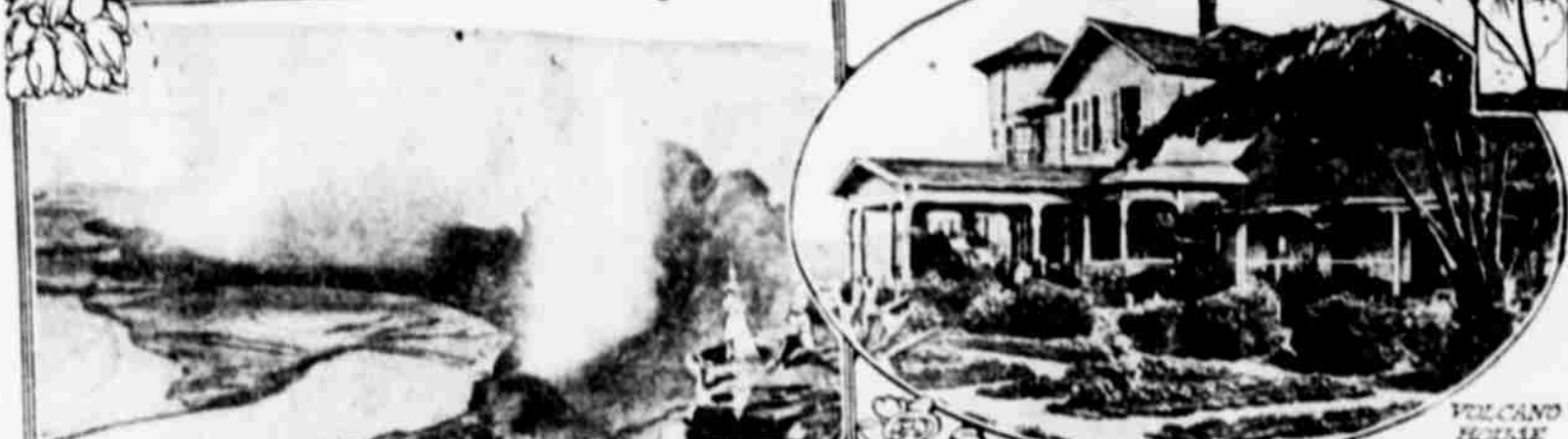


Kilauea Spouting Lava



The Kitchen Cabinet

100, 1100 Western Newspaper Union

His knows the most who knows what sweets and vittles are in the ground, the water, the plants and the heavens and how to use them in the most charming way in the rich and royal man, Ralph Waldo Emerson.

SOME SPRING DISHES.

With the new vegetables coming in to add variety to the menu, the following dishes will be suggested:

Spring Cabbage Scallop With Tomato.—Cook a six-pound head of spring cabbage until tender, drain and chop. Put a quart can of tomatoes through a colander, season with a tablespoonful of lemon juice, two tablespoonfuls of salt, one-fourth teaspoonful of pepper, and cook until thick and smooth, stirring constantly, add three tablespoonfuls of flour and three of butter, rubbed together, continue cooking until well cooked. Sprinkle the cabbage and tomatoes in layers in a two-quart casserole or baking dish, and cover the top with buttered crumbs. Bake until the tomato begins to bubble up through the cabbage and crumbs. Serve hot.

Chicken and Spinach Soup.—Wash and pick over two pounds of fresh spinach and cook in one-half cupful of butter for five minutes, or until tender. Add one-half cupful of flour mixed with one tablespoonful of salt and three-fourths teaspoonful of white pepper, stir into the spinach. When cooked and thick, rub through a colander, add to two quarts of chicken broth. Stir until it boils and serve in hot soup cups, garnish with whipped cream.

Casserole of Mutton.—Cut from the middle of a leg of mutton a slice two inches thick. Remove the bone and fill the cavity with onion or strips of celery. Dress with flour, salt and pepper. Prepare in the casserole a rich gravy of one cupful of brown stock, one-half cupful of currant jelly, a dozen olives, six pepper corns, three whole cloves, and one tablespoonful of lemon juice. Thicken when boiling with a tablespoonful of flour, mixed to a smooth paste with water. Lay in this gravy the slices of mutton, spread the top with beef marrow, cover the casserole and bake for one and one-half hours in a moderate oven.

Italian Codfish.—Beat well two eggs, adding one-half cupful of milk and two tablespoonfuls of flour, one tablespoonful of minced parsley, one small clove of garlic sliced thin. Place four tablespoonfuls of olive oil in a saucepan and when hot pour in two cupfuls of baked codfish. Brown and separate over a little lemon juice. Serve with the sauce.

Feastful white cloud comes with cream—Shakespeare.
Stick to the ground who makes you believe it's heaven.

WHAT TO EAT.

Those who enter the little French cream cakes need not fear to make them at home, for they are very simply made. The baking is quite as important as the mixing.

Cream Cakes.—Put one-half cupful of butter, one cupful of boiling water into a saucepan. As soon as the mixture is boiling, add one cupful of flour all at once, stirring vigorously until smooth. Remove from the heat, cool a little and add four eggs, beating well after each, adding them one at a time. Drop the mixture by spoonfuls on buttered sheets leaving room to rise and spread. Make them as circular as possible, with the mixture high in the center. Bake 30 minutes in a moderate oven. A little experience will tell you by lifting them from the pan whether they are well done. They feel very light. Cool them and slit with a knife on the side making a large enough opening to fill with a sweetened and flavored whipped cream.

Sausage Potatoes.—Select large new potatoes and with an apple corer remove the centers lengthwise. Fill in with little sausages and bake on a rack in a dripping pan in a moderate oven. Serve with the gravy seasoned and thickened. A rolled-up slice of bacon may be used instead of the sausages if desired, or chopped meat seasoned with minced onion may be used, stopping the ends with a bit of the core taken from the potato.

Pineapple Delight.—Take a small can of sliced pineapple, cut in small dice; cut in quarters one-half pound of marshmallows, and soak them for some time (until soft) in the pineapple juice. Whip one cupful of cream, add flavoring and stir in the pineapple and the marshmallows. Serve in sherbet cups, garnish with a cherry or bit of Canton ginger.

Apricot Sherbet.—Take one quart of apricots, put through a sieve; add the juice of a lemon, and one cupful each of sugar and thin cream. Mix well and freeze as usual. Serve in sherbet glasses. This makes about two quarts.

Neenie Maxwell

THIS WOMAN'S EXPERIENCE

Brings a Ray of Hope to Childless Women

Lowell, Mass.—"I had anemia from the time I was sixteen years old and was very irregular. If I did any housecleaning or washing I would faint and have to be put to bed, my husband thinking every minute was my last. After reading your text-book for women I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and have never felt better than I have the last two years. I can work, eat, sleep, and feel as strong as can be. Doctors told me I could never have children—I was too weak—but after taking Vegetable Compound it strengthened me so I gave birth to an eight pound boy. I was well all the time, did all my work up to the last day, and had a natural birth. Everybody who knew me was surprised, and when they ask me what made me strong I tell them with great pleasure, 'I took Lydia E. Pinkham's Vegetable Compound and never felt better in my life.' Use this text-book at any time."—Mrs. ELIZABETH SWART, 142 W. 84th St., Lowell, Mass.

This experience of Mrs. Swart is surely a strong recommendation for Lydia E. Pinkham's Vegetable Compound. It is only one of a great many similar cases.

Be Objected.
The woman that dear was much given to screaming and had acquired a reputation in the neighborhood. No when one morning she came over to the L. house, eight-year-old Fred watched closely to see what she wished. He said to her, 'Mother, she said to his mother, 'Oh, dear, Mrs. L., I'm terribly nervous. May I borrow your baby this morning?'"

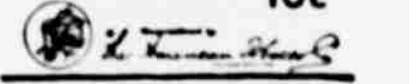
Then he strenuously objected. And mother, who was busy and willing for the baby to be around by most anybody that day, expressed her disapproval in his objection. 'You mother, er,' he said earnestly, 'you don't want my baby, but do let me have your baby in the neighborhood says Mrs. L. doesn't bring home anything as good as it was when she got it.'

Immune.
James—May I kiss you?
Elvira—They say kissing leads to the propagation of microbes.
James—Well, you kiss me, then, I'm not afraid of them.—Charlotte Tar Baby.



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of cold, cures, soothes, soothes.

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Children grow healthy and free
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the throat and lungs.
It is as effective as
any other remedy.
Safe, pleasant, always brings
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NR Tablets stop sick headaches,
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make you feel fine.

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Scalp 25c, Ointment 25c and 50c, Tablets 25c.

KILAUEA is spouting lava, spouting as never before in its history since the Hawaiian has known its "House of Everlasting Fire." This continuously active volcano in Hawaii National Park is over-flowing from the pit of Halemauaha. All of the trails in the park water bottom have been submerged. Five flows are running north, south and west and a mountain of lava, the largest in the volcano's history, is spouting high, surrounded by the smoke of other furnaces. The lava flows are running at the rate of forty inches an hour.

Police guards are holding hundreds of tourists and automobiles at a considerable distance from the scene because of the danger of a greater outbreak.

And the spouting of Kilauea is one of the wonder spectacles of the world.

"The Hawaiian Volcanoes," writes T. A. Jaggar, Jr., director of the Hawaiian Volcano Observatory, "are truly a national asset, wholly unique of their kind, the most famous in the world of science and the most continuously, variously, and furiously active volcanoes on earth. Kilauea crater has been nearly continuously active, with a lake or lakes of molten lava, for a century. Mauna Loa is the largest active volcano in the world, with eruptions about once a decade, and has poured out more lava during the last century than any other volcano on the globe. Haleakala is a mountain mass ten thousand feet high, with a tremendous crater rift in its summit eight miles in diameter and three thousand feet deep, containing many high lava cones. Haleakala is probably the largest of all known craters among volcanoes that are technically known as active. It erupted less than two hundred years ago. The crater at sunrise is the grandest volcanic spectacle on earth."

Kilauea's Lava Lake.

The lava lake at Kilauea is the most spectacular feature of Hawaii National Park. It draws visitors from all over the world. It is a lake of molten, fiery lava a thousand feet long, splashing on its banks with a noise like waves of the sea, while great fountains bill through it fifty feet high. This exhibition of one of the most amazing revelations of nature's terrific and irresistible forces of the earth's internal fires—is accessible by automobiles almost to the very brink, and may be safely viewed.

The trip from Hilo to Kilauea volcano is by automobile, a distance of thirty miles. From Hilo the road gradually ascends through sugar cane and pineapple plantations, to a high elevation and then plunges into a great forest of tree ferns, whose fronds are thirty feet overhead and provide a delightful canopy for many miles. At 4,000 feet elevation the trip ends at Volcano House on the rim of the crater. Here are unobstructed views of towering snow-capped mountains and the great crater. Kilauea, an enormous pit nearly eight miles in circumference and six hundred feet deep, enclosing an area of 2,450 acres. Filling the floor of this vast bowl is a sea of solidified lava, twisted and contorted into every imaginable shape, with jets of steam, vapor and sulphurous fumes rising from innumerable crevices and cracks. Almost at the center is the active throat of the volcano itself, called by the natives, Halemauaha, "The House of Everlasting Fire." This was, in Hawaiian mythology, the home of Pele, the goddess of fire.

Greatest Natural Wonder.

This throat or inner pit is a mile in circumference and contains at all times a raging sea of molten lava, its white-hot waves lashing and gnawing at the imprisoning walls, and its vast fountains of incandescent rock eternally flinging their fiery spray in air; seething and roaring in awful grandeur. The molten sea rises and falls periodically, at times even overflowing the rim of the pit and spreading out over the floor of the main crater, while red-hot crags and massive islands rise from its depths to either collapse in tumultuous avalanches or subside gently beneath the surface of the lava. The pit is fascinating by daylight, but at night the scene is enthralling. And it may be witnessed in perfect safety.

The national park system of the United States contains several absolute unique natural wonders, such as the Grand Canyon, Crater Lake and the sequoias of Yosemite, Sequoia and General Grant

park. Nevertheless, there are discriminating sightseers who have seen the world and declare that Kilauea's Halemauaha is greatest of natural wonders.

E. M. Newnam, the traveler and lecturer, says: "The view of a visible inferno burning in the midst of an earthly paradise is a striking contrast, afforded only in the Hawaiian National Park. It is a continuation of all that is terrifying and all that is beautiful, a blending of the awful with the magnificent. Lavaflores of centuries are piled high about a living volcano, which is set like a ruby in an emerald house of tropical grandeur. Picture a perfect May day, when glorious sunshine and smiling nature combine to make the heart glad, then multiply that day by three hundred and sixty-five and the result is the climate of Hawaii. Add to this the sweet odors, the fragrant fruits, the luxuriant verdure, the flowers and colorful beauty of the tropics, and the Hawaiian National Park becomes a dreamland that lingers in one's memory as long as memory survives."

"Infernal and Thrilling"

Miss Edna L. Smith of Aurora, Ill., a globe trotter with the gifts of appreciation and description says of Halemauaha:

"As a spectacle it is the most infernal and brilliant thing I have ever seen and as a natural phenomenon it is the most thrilling sight I ever hope to see. Worlds in the making best describes what is going on there. Miniature modern mountains are turned out of the white-hot furnace to cool and you see how all sorts of stratifications are made. Then in turn miniature hardened mountains are swallowed by the burning lava lakes. And all the time the most tremendous roaring and hissing go on as the fiery lava is spouted high up in the air. It sounds as if some angry dragon were in the heart of the great crater spouting up flames and brimstone in a rage."

Stephen T. Mather, director of the national park service, says of Kilauea, among other things: "I want to record my feeling that this is the most wonderful feature of the national park system, surpassing the geysers of the Yellowstone, the waterfalls of the Yosemite, and even the big trees of Sequoia park. It is the most awe-inspiring thing that I have ever observed, and I have no hesitation in predicting that when once the people of the United States realize what a remarkable thing this volcano is it will become the objective of thousands of visitors."

Kilauea does not by any means confine its activities to Halemauaha. Last year, out on the Kau desert, about six miles from the fiery pit in Kilauea crater, molten lava burst forth from a subterranean tube leading through a crack beginning at the wall of the main volcano. This flow of lava was called the Kau flow of 1920, and is still at work building up a new mountain. The flow really began in December, 1919. It has now built up a great mound almost 200 feet in height. This mound has been designated Mauna Iki (little mountain). The Kau flow was easy access, and hundreds of visitors saw its live stream of lava ascending over older flows. It was possible to approach to within a few feet of the lava and poke at it with a green stick.

Footprints 130 Years Old.

It is in this Kau desert that Professor Jaggar has just made an amazing discovery—the footprints in the hardened volcanic ash of an Hawaiian army flying 130 years ago from the wrath of Pele, the goddess who dwells in Halemauaha. King Keoua of Kau, as recorded history says, led an army of three divisions against King Kamehameha, who later united all the Hawaiian islands under his sway, in the year 1790. This year also recorded the last explosive eruption of Kilauea volcano.

Hawaiian legend records the fact that some of Keoua's warriors rolled stones into Kilauea crater to mark their disrespect for the goddess of the molten lake. Pele rose in her wrath, and, with a terrific explosive eruption, totally wiped out the second division of Keoua's army. The footprints found in the Kau desert are believed to be those of men of the first division, who, seeing the

destruction of their comrades in the rear, fled from the locality. The tracks will be enclosed and preserved. Kilauea is the center of a district unexcelled in volcanic marries. There are many great craters within easy walking distance; interesting lava tubes or tunnels, wonderful forests of ancient Koa trees, and tree ferns, banks of live sulphur, and bottomless fissures and earthquake cracks.

Hawaii National Park.

Hawaii National Park was established by act of congress approved August 1, 1909. (D. Stat. 432). The park at the present time is composed of three non-contiguous areas, two on the island of Hawaii, the largest island of the group, comprising the majority of Hawaii, and one of the island of Maui. Briefly, the park lands may be described as follows:

The Kilauea section, which embraces the crater of Kilauea and much of the surrounding region. Its area is 32,000 acres.

The Mauna Loa section, which includes the crater of Mauna Loa, the summit crater of the great mountain Mauna Loa, with some adjacent lands. The total area is 17,000 acres.

The Haleakala section, which is on the island of Maui, and includes the crater of the extinct volcano Haleakala. Its total area is 21,150 acres.

A tract that will contain 300 acres, and will connect the Mauna Loa and Kilauea sections of the park.

Mauna Loa is intermittently active and the world's largest volcano. Near the top of this great mountain, towering to a height of 13,675 feet above the sea, is the crater of Mauna Loa, with an area of 2,370 acres, a circumference of 9.47 miles, a length of 3.7 miles, and a width of 1.74 miles. In October, 1919, a great flow of lava from the west side of Mauna Loa took place. It began in a rift well up toward the summit, and, sweeping its way through virgin forests below finally reached the sea, where it pushed up a sand cone of great dimensions. It was called the Aikua flow, because it passed over the Aikua section of South Kona. It destroyed 1,800 linear feet of the main highway around the island. Leading from the crater itself and in the region just below are several rifts of great scientific interest. From these rifts, which in many cases are highly colored, numerous lava flows have issued, among them the great flow of 1881 which nearly destroyed the city of Hilo. In the line of these rifts are many spatter cones and other peculiar phenomena that attract the attention of the tourist.

Haleakala, "The House of the Sun," is the largest quiescent volcano in the world. The elevation of its summit is 10,032 feet. Its crater is nineteen square miles, or 12,100 acres; the circumference of the rim, twenty miles; extreme length, 7.48 miles; extreme width, 2.37 miles. The almost vertical walls drop half a mile or more. It is impossible to realize the great area of the crater. The whole of New York city, below Central park, could be jotted within its depths, and the highest of that city's church spires would be but toys by the side of its slender cones; cones which rise like young mountains from the bottom of the crater, and which are relatively but fair-sized ant hills when viewed from the summit.

This vantage point is above the usual cloud elevation. The level rays of the setting sun illuminate every nook and corner of the stupendous crater and bring to view the outlines and delicate flots of the majestic pictures which have been hung in this mammoth gallery, to thrill and awe all who look upon them.

Sunrise on Haleakala.

Sunrise, seen from Haleakala's summit, is a moving picture of nature's painting. Says a visitor:

"Ten thousand feet above the ocean, which we could see far below, we waited, and soon were rewarded by a faint glow; then, as the sun rose higher above the horizon, the glow gradually changed to a beautiful orange red, and the clouds like great white downy rivers flowed and disappeared into the crater on the edge of which we stood. As the sun rose higher the colors in the crater became more and more intense, the shadows deeper and bluer, and then the sunlight began to brighten the sugar-cane fields far below fully 10 or 15 minutes after we had seen the first glow. We watched for almost an hour. It seemed like two worlds, one above the other, one alive and the other coming into life as the sun warmed it."

Hawaii is a territory of the United States, annexed in 1898. The inhabited islands comprise a chain of eight, stretching over a distance of more than four hundred miles, with a total area of 6,500 square miles and a population of 250,180. From northeast to southwest the islands are Niihau, Kauai, Oahu, Molokai, Maui, Lanai, Kahoolawe and Hawaii, the latter giving its name to the group. Honolulu, island of Oahu, is the capital and chief commercial city.